

EDMUND L. THOMAS ADOLESCENT CENTER
ORGANIZATIONAL POLICY AND / OR PROCEDURE

SECTION: Client – Medical & Health

TITLE: Local Wellness Policy Regarding the Child Nutrition and WIC Reauthorization Act of 2004

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Purpose:

To ensure that the residents in the Edmund L. Thomas Adolescent Center (ELTAC) will be provided with well balanced, nutritional meals as well as regular physical activities to obtain and then maintain themselves in optimal physical condition. These guidelines will be followed as long as the resident remains at the Edmund L. Thomas Adolescent Center.

Policy:

ELTAC will provide an environment that promotes and protects children's health, well being and ability to learn while supporting healthy eating and physical activity. Therefore, the following will apply:

- ELTAC will engage residents, staff, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing agency wide nutrition and physical activity policies.
- All residents will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages served within the facilities will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide residents with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of residents
- Facilities will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and facility meal programs with related community services.

Meals:

Meals served to the National School Lunch and Breakfast Program will:

- Be appealing and attractive to residents.
- Be served in a clean and pleasant setting.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Competitive foods are defined as foods offered at school other than through the National School Lunch and School Breakfast programs. The following competitive foods are **not** available to ELTAC residents during the school day: ala carte foods and beverages, vending foods and beverages, fundraisers, classroom parties, holiday celebrations (other than holiday meals that are offered as a part of school lunch or breakfast); food rewards, or school store.
- Staff is encouraged to set the example for residents. Residents are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with ELTAC Wellness Policy.

Nutrition Education and Promotion

In its residential treatment facilities, ELTAC will promote nutrition education that:

- Is offered at the facility irregardless of the age or grade level of the resident.
- Is part of all classroom instruction including subjects such as math, science, language arts and social sciences.
- Includes enduring, developmentally appropriate, culturally relevant participatory activities.
- Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products and healthy food preparation methods.

Physical Activity Opportunities and Physical Education

While residing at Edmund L. Thomas Adolescent Center (ELTAC), residents will:

- Have at least 20 minutes a day of supervised physical activity, preferably outdoors, within the constraints of space and equipment.
- Discourage extended periods (i.e. with 2 hours or more) of inactivity.

- When it is necessary for residents to remain indoors for long periods of time, facility shall give residents periodic breaks during which they are encouraged to stand and be moderately active.
- All ELTAC residents will have the ability to be involved in physical activity programs after school hours. A wide range of activities will be provided dependent upon the specific population of residents, schedule, space and equipment opportunities.

Monitoring and Policy Review

The Director along with the Assistant Director and Shelter Director will monitor and ensure compliance with the established nutrition and physical activity wellness policy. We will utilize the expertise of our contracted Nutritionist as well as other healthcare and physical activity experts to ensure that our residents are given every opportunity to follow a nutritional and healthy lifestyle.

Policy Review

Assessments of the wellness policies will be conducted on an annual basis and will utilize input from residents, direct care staff, administrators along with family members of the residents and interested members of the community. Alterations or changes in the policies will take place as warranted.